



November 3–9, 2014  
Cycle 1

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:

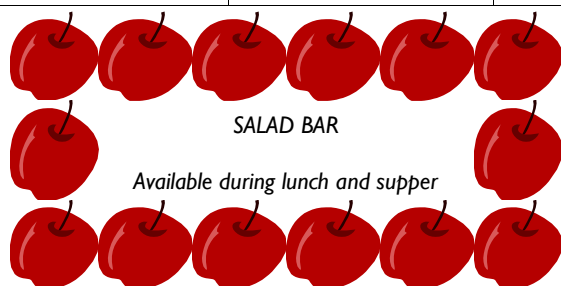
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Some menu suggestions for supper provided by Palo Verde Residence

**\*\*Please note: Items are subject to change based on availability without prior notice\*\***

Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9
WW toast Pineapple Orange juice Hashbrown Sausage link Milk	WW toast or Oatmeal Mixed fruit Apple juice Danimal strawberry yogurt Milk (raisins)	WW toast Peaches Craspberry juice Breakfast casserole Milk (salsa)	WW toast or WG bagel Pears Orangerine juice Bacon Milk (cream cheese)	WW toast or WW tortilla Mandarin orange sections Fruit punch Scrambled eggs w/ sausage Milk (salsa)		
Chicken patty on bun or Spicy chicken patty on bun or Veggieburger on bun Baked beans Seasonal fruit Milk (lettuce/tomato slices/pickle slices/onion slices)	Cheese pizza (HM) or Garden pizza (HM) Coleslaw Fruit rollup Milk	WG breaded chicken tenders Potato wedges Apricots WG animal crackers Milk	Macaroni & cheese Macaroni & cheese (LDD) Spinach mandarin orange salad Mixed fruit Milk	Turkey ham & cheese wrap Sweet potato gems Fruit gel-o Milk	Baked penne ala ziti Green beans Breadstick Very berry juice bar Milk (parmesan cheese)	Chicken empanada Mexicali corn Sherbet Milk (parmesan cheese)
Bean ultra loco bread WG or Beef ultra loco bread WG Corn Spanish rice Apricots Milk (lettuce/cheese/salsa)	Chicken alfredo penne Vegetables Italian blend Garlic toast Cookie Milk (parmesan cheese)	Chicken fire-glazed hot wings Fries (ss) Carrots & celery sticks Sidekicks Milk	<i>Breakfast for dinner</i> WW burrito (e&c) Chocolate chips pancakes Strawberries-blueberries cup Milk (salsa/syrup)	Chef Tony's Salad Cheese-stuffed breadstick Cookie Milk	HM Cheese enchilada Seasoned pinto beans Corn Just dessert Milk (lettuce/salsa)	Dumpling stew Garlic toast Pudding Milk



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

**Criteria for a meal to be reimbursable:**

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
	11:30am-1:00pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Supper:	4:30-6:00pm Monday-Thursday
	4:30-5:30pm Friday
Saturday & Sunday Supper:	4:45-5:45pm

**If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to [jeanne.foster@asdb.az.gov](mailto:jeanne.foster@asdb.az.gov)**

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).